

Vitamin E

Functions:

- ✗ Antioxidant, especially in the lungs, brain & red blood cells
- ✗ Nervous system function
- ✗ Prevent clot formation
- ✗ Prevent vitamin A deficiency
- ✗ Metabolic control in diabetes mellitus

Deficiency symptoms:

- ✗ Hemolytic anemia
- ✗ Muscle weakness
- ✗ Neurological degeneration
- ✗ Brown spot deposition

Toxicity symptoms:

- ✗ Vitamin K deficiency
- ✗ Enhances coumarin anticoagulant drugs
- ✗ Nausea, diarrhea & flatulence
- ✗ Muscle weakness & fatigue
- ✗ Double vision

Conditions contributing to deficiency:

- ✗ Smoking
- ✗ Alcoholism
- ✗ Chronic liver disease
- ✗ Celiac or Crohn's disease
- ✗ Gastrectomy
- ✗ Pancreatic disease
- ✗ Short bowel syndrome

Recommended daily amount:

8-10 mg

Good food sources:

Oils: Corn



Cottonseed

Peanut

Safflower

Soybean

Sunflower

Margarine

Vegetable shortening

Almonds

Walnuts

Peanuts

Sunflower seeds

Soybeans

Wheat germ

Whole wheat

Eggs

Green leafy vegetables

Sweet potato

